



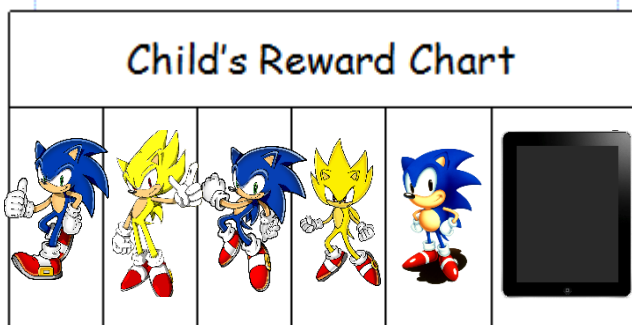
Token Reward Charts

Sometimes getting your child motivated to do something, such as homework, can be difficult. A token reward chart may be the solution. The example below is for a child who likes Sonic and really wants to play the iPad. You would make tokens using a character or picture your child likes and the reward would be something your child really wants to do.

How to set-up

- Make the chart and tokens separately so that the tokens can be given like stickers (but re-used).
- In the example below 5 tokens have been used (you can choose any number, just make it realistic for your child), make these the size of your boxes on the reward chart.
- Choose your reward. **IMPORTANT:** For this chart and reward to work your child must not be able to get the reward at any other time. If they can get it for doing something else they may not be motivated enough to do what you're asking.

Example



How to use

1. Explain to your child that to get 10 minutes on the iPad (**reward**) they need to earn 'Sonic's' (**tokens**). Tell them that to get 'Sonic's' they need to complete x, y and z (it could be so many minutes of homework or certain questions in their homework).
2. Reward them with a 'sonic' each time they reach a small milestone, this could be 5 minutes of work, or one question. You decide what to reward based on your expectations of your child and how long their attention lasts.

For more details on reward systems speak to your therapist.